

Abstract of the Disclosure

The present invention provides a broad method and system for bringing the heart rate variability cycle of a respiratory care recipient to the desirable state of coherence thereby bringing cardio-pulmonary functioning of the therapy recipient to the optimal level of functioning, during which respiratory therapy is provided, yielding maximal effectiveness and efficiency of said care. An instructive method in the application of the preferred embodiments is provided for respiratory therapy practitioners and therapy recipients.

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